

The Norwalk Patriot

Friday, Sept. 23, 2016

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12040 Foster Road, Norwalk, CA 90650

Shared Stories: The Ties That Bind

Daniela Kanz describes a 21st century problem that many of us now struggle with. In the digital age, the problem of organizing our photographs has taken on new dimensions. Shared Stories is a weekly column featuring articles by participants in a writing class at the Norwalk Senior Center. Bonnie Mansell is the instructor for this free class offered through the Cerritos College Adult Education Program. Curated by Carol Kearns

"Organizing My Photographs" by Daniela Kanz

Dealing with all the things I have accumulated over the years - especially my photographs - led me to sort through my picture CDs and floppies.

As a youngster, I dreamed of becoming a photographer. I loved my Brownie Kodak camera. I felt that true photographers did their own developing of film. I attempted a class in photography that offered instruction in this effort and soon learned that I loved taking pictures, but did not care for the scientific part. Mixing the chemicals scared me.

Over the years, I took hundreds - literally hundreds of pictures. My husband used to complain, "Do you have to take a whole roll of film on EVERY occasion. Won't just a few snapshots due?" Developing my film became a 'budget buster', and I just could not bear to throw any away - even the not-so-good ones.

In 1987 my aunt passed away in Palm Beach, Florida. As her only living relative, I went with my husband to Florida to make arrangements. While going through her possessions, I found several picture albums of hers and wanted to take them home to California.

As I looked at them, I whined to my husband, "How can I get all these on the plane with me?"

My logical husband asked me, "How important is it to have the photographs in the albums? Could you remove them so that they could be less bulky and more easily brought on the plane?"

I replied that would be an excellent solution and began to remove all the photographs from the pages of the albums, placed them in a zip lock bag, and easily packed them in my suitcase. Ever since that experience, I never worried about getting photographs put in an album.

When I found out that my pictures could be put on a floppy disc and later on CD, by the developer (whether a mail order photographic film processing company or the local drug store), I believed in backing my pictures up digitally.

By then I had a computer system with a 386 Intel microprocessor at home, thanks to my inheritance from my Aunt.

I have moved several times over the years and each time the collection of photographs has grown. Not only did I have all my pictures, and all the pictures I brought home from Florida, I had the photographs I inherited from my parents, my grandmother, and my mother-in-law.

The pictures moved in huge Rubbermaid boxes and became unwieldy. That is when I came up with the idea of digitizing the hard copies. I admit the ongoing endeavor is never ending and I still have all the hard copies.

Throwback Thursday on Facebook became a good place to put some of those digitized pictures to share with my family. My eldest daughter looks forward to seeing what I might post.

Often the pictures are of her children when they were little. My grandchildren are now 18 and 21. I spend more time looking at pictures I have already digitized than digitizing more.

Recently I happened to run into Google Pictures (previously known as Picasa) and found some pictures I posted there that I forgot about. Then I remembered my Yahoo Picture website FLICKR and my SHUTTERFLY website. I also have pictures and other files on my web-based file hosting service (Dropbox). My digital picture library is becoming as burdensome as my hard copies.

So, no, I am not very organized. It is more like organized chaos. That does not stop me from having the goal to accomplish the feat one of these days. I just need to be a little more diligent on working the project.

Knabe offers \$10,000 reward for information on Norwalk homicide

NORWALK – The Board of Supervisors approved a \$10,000 reward on Tuesday for information leading to whoever fatally shot a 23-year-old man while he was playing basketball in Norwalk last summer.

Supervisor Don Knabe recommended the reward, hoping it would encourage witnesses to come forward.

Edwin Morales was shooting hoops at Gerdes Park at 14700 Gridley Road about 9:30 p.m. on July 11, 2015, when he was shot in the neck. He died at the scene.

Investigators said two gang members were seen randomly shooting at other men in the park before running off to a waiting car. Another man was wounded, but survived.

Morales, who lived in Bellflower, had no gang affiliation, according to detectives.

Anyone with information is asked to call L.A. County Sheriff's detectives Wayne Holston, (323) 574-2437 or Karen Shonka, (323) 574-0762.

Norwalk man in custody after stabbing mother in the stomach

NORWALK – A Norwalk man is in custody today after L.A. County Sheriff's deputies arrested him on suspicion of stabbing his mother in the stomach during an argument on Tuesday.

Authorities said the stabbing was reported at 10:28 p.m. on Sept. 20 at a residence in the 11400 block of Foster Road in Norwalk.

Eric Jauregui, 28, of Norwalk was arrested on suspicion of assault with a deadly weapon and is now being held at the Inmate Reception Center in Los Angeles on \$30,000 bail.

Jauregui's motive for the stabbing is still under investigation, but his mother was immediately transported to a local hospital, where she is in stable condition, according to Lt. Jeff Dusky of the Norwalk Sheriff's Station.

Walmart announces health and wellness expo coming to Norwalk

NORWALK – Walmart of Norwalk in partnership with the American Diabetes Association and the American Cancer Society will be holding a Health and Wellness Expo on Saturday, Oct. 8, from 11am to 4pm.

There will be limited free screenings based on income and insurance qualifications. They will include mammogram exams, vision exams, blood pressure and glucose screenings. There will also be giveaways* and back to school immunizations.

The Norwalk Walmart is located at 11729 Imperial Highway. If you wish to schedule your free mammogram, please call 877-426- 3926.



City Council members clash over issuing business cards to Norwalk commissioners

By Christian Brown
Editor

NORWALK – Norwalk city commissioners will now receive business cards issued to them by the city. Initially proposed by Councilman Luigi Vernola, the measure passed the City Council on Tuesday night, but not without sharp disagreement.

In a 3-1 vote, Mayor Pro Tem Cheri Kelley disagreed that the city should reverse course and begin handing out business cards to commissioners and committee members.

"I know of no reason for them to have a business card," she said. "They're not employees and they don't represent the city. I don't see the purpose."

The city previously issued business cards to residents serving on city commissions like the Planning Commission, but council members voted to end the practice in 2012 during budget study sessions. Instead, commissioners were given city-issued ID badges.

Vernola on Tuesday maintained that the badges are not enough. Commissioners should have city business cards on-hand, he said.

"I think they're an important aspect of this community," said Vernola. "Shouldn't they have [cards]? They represent the city, do they not?"

Councilman Leonard Shryock

voiced support for the idea of business cards, but suggested the term limits of each commissioner be placed on the card.

Kelley pushed back, suggesting business cards have been misused in the past, citing examples of former commissioners using city business cards while campaigning for political office and asking for contributions.

"Why should they be talking to people outside of their meetings," Kelley said. "Cards can be misused and I don't see why they need them."

Mayor Mike Mendez joined Vernola and Shryock in supporting the business cards measure.

Purchasing cards for all of the commission seats will cost approximately \$1,500 for a minimum of 250 business cards per commissioner.

The City Council on Tuesday also allocated \$120,000 to upgrade the dated fire and burglar alarm systems at the Norwalk Arts and Sports Complex.

According to staff, the monitoring service for the fire alarm system at the sports complex is no longer operational.

Although several attempts were made to repair the system, which is 24-years-old, the parts are no longer available and the fire system is obsolete.

The burglar system is also dated, unable to accept any additions for staff access cards. The current fire and burglar systems also work

independently of each other, not allowing for any coordinated notifications during incidents, city officials said.

The City Council approved the staff's request for a new \$18,000 burglar alarm system, a \$90,000 fire alarm system, and \$12,000 for fire monitoring services during the installation of the system.

During installation, the city will contract with a security patrol firm for overnight monitoring of the buildings.

The Council also moved forward with its plans to build an education, employment, and business resource center at 13629 San Antonio Drive.

In order to create a city space to promote higher education, career training, and entrepreneurship, the city has assembled three properties, including the old senior center, that it will convert into a resource center.

On Tuesday, the Council approved a \$460,000 architectural design contract with Pasadena-based Gonzalez Goodale Architects. The money is already allocated in the 2016-17 budget under bond proceeds.

According to Bing Hyun, the city's economic development manager, Gonzalez Goodale Architects ranked the highest after a series of interviews, showcasing the firm's experience with an employment resource center and expertise with community centers and other buildings intended for public use.

NLMUSD Superintendent Danielian kicks off series of district-wide 'Coffee and Tea' meetings

By Raul Samaniego
Contributor

LA MIRADA – Dr. Hasmik Danielian, Norwalk La Mirada Unified School District Superintendent, hosted, "Coffee & Tea with Dr. D," at Eastwood Elementary School in La Mirada Thursday, Sept. 15 to discuss the status of Measure G and the district's Math Campaign.

Meeting with parents, teachers and Eastwood Principal Yvette Cantu, Superintendent Danielian started by introducing her presentation team, Isela Vasquez (Measure G update) and Shannon Baker, who presented the status of the current Math program.

After a short welcome and greeting, Danielian handed over the microphone to Ms. Baker, who described the program in place utilizing key support personnel and their roles.

In both her handout and PowerPoint slide, Ms. Baker described District Instructional Coaches who were responsible for collaborating, facilitating and supporting teacher leaders.

These teachers, in turn, would "engage other math teachers through co-teaching, level planning and lesson studies and encouraging



participation in district training provided by a math consultant." (MPR).

This ultimate goal in "establishing a math culture," will be reinforced by "building a deeper conceptual understanding of key foundational mathematical ideas and crating an effective math learning environment."

With the completion of the Math portion, Danielian introduced Ms. Vasquez who presented the update on Measure D in the district. Explaining the process for an idea to go from planning stage to implementation, Ms. Vasquez added that the host campus, Eastwood Elementary was slated for a renovated multi purpose room

Weekend at a Glance

Friday 86° ☀

Saturday 93° ☀

Sunday 95° ☀

THINGS TO DO



Music Tastes Good

All Weekend - Downtown Long Beach, Starts at 4 p.m. on Friday

KCRW presents a three-day music & food experience. \$25-\$75



Pokémon Go DTLA

Friday - Pershing Square, 7:30 p.m.

Meet up with other Pokémon Go trainers and fanatics who will cosplay as their favorite characters.



Who Framed Roger Rabbit

Saturday - Victory Park, Pasadena 6 p.m.

L.A.'s largest outdoor movie series screens the classic 1988 film with live music and food trucks. \$11-25



Luke Bryan

Saturday - Irvine Meadows Amphitheatre, 7 p.m.

The country music star brings his "Kill The Lights" tour to the Southland.



The Hunchback of Notre Dame

Sunday - La Mirada Theatre of the Performing Arts, 2 p.m.

A musical retelling of Victor Hugo's epic story of Quasimodo. \$14-\$70

FROM OUR FACEBOOK

Former Assemblyman Tom Calderon sentenced to prison for laundering money

David Lauderdale: Make no mistake, the Calderon's plead out to stop the investigation and avoid the real extent of the corruption being exposed in an open trial court.

Ernie Martinez: They will just use the famous Alberto Gonzales line that fooled the Supreme Court. "I DON'T RECALL."

Diana Gamez: It happens a everyday. That's politics for ya! It's a joke.

Join the conversation at: Facebook.com/NorwalkPatriot

Ian Calderon called to testify on right-to-try legislation

WHITTIER – Majority Leader Ian Calderon (D-Whittier) was invited to testify before the United States Senate Committee on Homeland Security and Governmental Affairs on Thursday during a hearing titled “Exploring a Right to Try for Terminally Ill Patients.”

“Right to Try is nationwide bipartisan effort to provide terminally ill patients access to potentially-life saving treatments,” said Calderon. “As the author of ‘Right to Try’ legislation in California, I am honored to testify before the Committee and provide support for the movement.”

Calderon is the author of AB 1668, a measure which would allow patients with an immediately life-threatening disease to seek investigational drugs when other treatment options have been exhausted. AB 1668 requires written consent be given by patients, institutional review board oversight of physician recommendations, and reports to the Department of Public Health to ensure patient safety.



Art of Rancho show marking 20 years

DOWNEY – The Rancho Los Amigos Foundation will host its 20th anniversary Art of Rancho Show at Rancho Los Amigos National Rehabilitation Center on Wednesday, Sept. 28, from 6-9 p.m.

“These individuals have dealt with life after injury or illness and have either renewed or discovered their passion for art. The Rancho Los Amigos Foundation is thrilled to honor and highlight these artists for their vision, their talent and their determination.”

Master of Ceremony for the evening will be L.A. County

Supervisor Don Knabe.

This year’s featured artist is Jasmin Amador, who has been participating in Rancho’s Don Knabe Pediatric Art Program for the past six years. She is an accomplished artist who has dedicated herself to her painting and enjoys the opportunities Rancho has given her to learn new techniques and styles over the years.

Her signature style focuses on floral motifs and nature scenes that utilize a variety of vivid colors. Jasmin is soft spoken, but lights up when she talks about her art work.

“Rancho Los Amigos National Rehabilitation Center is proud to provide a comprehensive art program for both adult and pediatric patients,” shared Jorge Orozco, CEO of Rancho Los Amigos. “Not only is the expression of art an effective method of therapy and recovery, but it also has significant impact in a patient’s ability to regain independence.”

To RSVP for the Art of Rancho show or for more information regarding the Rancho Los Amigos Foundation and its programs, visit ranchofoundation.org or call (562) 385-7053.

Bellflower schools use ‘teddy bear picnics’ to launch new interactive learning program

BELLFLOWER – Nearly 50 children and their parents enjoyed Teddy Bear Picnics at two Bellflower Unified elementary schools on Thursday and Friday to launch an interactive learning program with language, literacy and school readiness classes designed to help children age 5 and under prepare for school.

Bellflower Early Learning Link (BELL) will feature classes in music and motion, a story hour and hands-on crafts on Mondays and Wednesdays at Thomas Jefferson Elementary School, 10027 Rose St., and on Tuesdays and Thursdays at Washington Elementary School, 9725 Jefferson St.

The District staged a Teddy Bear Picnic at each school to launch the program, drawing dozens of youngsters who engaged in crafts and played games as caregivers learned about the new offerings.

“Our goal is to support the families in our community with a resource that will enable their children to arrive at school ready to learn, whether they are entering our preschool, transitional kindergarten or kindergarten programs,” Superintendent Dr. Brian Jacobs said. “We recognize that parents are a child’s first and primary teachers, and we want to do everything we can to help them on their journeys.”

The BELL program runs from 8:45 a.m. to 2:45 p.m. and includes drop-in programs featuring dramatic play, dress-up centers, puzzles and one-on-one reading time. Parents or caregivers can attend an entire day’s program, or pick just the classes that appeal to them. Most sessions have a capacity of about 25 families.

“We are hoping to serve several hundred families in our community in this first year,” said Assistant Superintendent of Educational Services Stacey Larson-Everson, who developed the program based on previous experiences with successful, research-based family engagement programs.

A side benefit of the program is that families will become acquainted with Bellflower Unified staff and schools, and learn about the District’s many resources for helping students succeed, Everson said.

Bellflower Unified operates



A child creates a teddy craft as her caregiver watches during a Teddy Bear Picnic at Bellflower Unified’s Thomas Jefferson Elementary School on Sept. 15. The event helped launch Bellflower Unified’s new interactive learning initiative for children ages 0 to 5, to be held two days a week each at Jefferson and Washington elementary schools.

a highly successful preschool program for preparing children ages 3 and 4 for school. This year, the District shifted from the federal Head Start Program to a State Preschool Program, boosting enrollment capacity, adding afternoon sessions, expanding family eligibility and customizing curriculum to align more cohesively with TK/K-12 instruction.

As of September, enrollment has topped 260 students at six schools, including about 40 attending a new dual-language immersion preschool program. Available spaces are limited.

“It is critical for our children to form a strong foundation as they begin school,” said Board of Education President Dr. Paul Helzer. “These days, we ask so much of our students from the very first day. Outreach programs like this one, along with our preschool and transitional kindergarten program, can help parents in their efforts to minimize challenges and ensure their children begin school on an even playing field.”

For more information on the

program, contact the Bellflower Unified Early Childhood Education Office at 9301 Flower St., or call 562-461-2227. Parents may also register at the two schools.

Downey nursing home sued over allegations of abuse

By Alex Dominguez Contributor

DOWNEY – An allegedly violent incident between two patients has Lakewood Park Health Center facing a lawsuit for elder abuse, negligent hiring and supervision, and assault and battery.

The lawsuit was filed by Garcia, Artigliere & Medby.

According to the official complaint submitted to the Superior Court of California, a Lakewood Park resident by the name of Thomas Talley was attacked by another resident on or about June 23. Allegedly, the attacker entered Talley’s room in the middle of the night as he slept, and violently attacked his head and face using his fists and a metal object.

Talley sustained several injuries.

According to a press release sent to the Downey Patriot by the law office, the health center had prior knowledge that another resident in the center “had violent propensities and aggressive behavior, as well as hostility towards Talley.”

In addition, the release also states that staff failed to contact Talley’s physician to obtain an order to send him to a hospital for evaluation after the attack.

Lakewood Park did not respond to a call for comment.

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School board considers bond measure to renovate schools

Council approves CDBG spending plan

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I-5 / ROSECRANS OFF-RAMP CLOSURE

Beginning Friday night, September 16, 2016 at 9 p.m. crews will close the northbound I-5 Rosecrans Avenue off-ramp for approximately three to four months to reconstruct and realign the ramp in order to accommodate the newly widened freeway.

The closure area is circled on the map and the detour route is shown with arrows. Detour signs will be posted to direct motorists. The northbound Carmenita Road and Norwalk Avenue off-ramps will remain open.

MORE INFORMATION: MySLA.com (855) 454-6335

In 2016, the future of the Supreme Court is on the ballot

By Marge Baker

When voters go to the polls this November, they won't just be choosing the next president, they'll also be deciding the direction of the Supreme Court.

The fate of our rights and liberties as Americans — everything from voting rights, to immigration, to reproductive rights — rests with those nine critical individuals who sit on that bench. The outcome of the 2016 election will determine who nominates justices for lifetime appointments to the highest court in the land.

Looking at Trump's track record of commitments and his list of courtroom contenders shows just how disastrous a Trump Supreme Court would be for everyday Americans.

Take women's rights for example. Trump has made very clear he's against the Roe v. Wade decision protecting women's reproductive rights, saying it was a wrongly decided case. He also infamously called for "some form of punishment" for women who have abortions and has pledged to select anti-choice justices.

One of Trump's potential picks for the Supreme Court, Judge William Pryor, even went so far as to call Roe v. Wade the "worst abomination in the history of constitutional law." Considering the Court's already weakened standard, a new anti-choice justice on the Supreme Court could significantly jeopardize past precedent.

The executive power to nominate justices is especially important to consider this election cycle given the possibility of multiple Supreme Court vacancies in the next president's first term. A Trump presidency could put women's reproductive rights in real danger.

On other issues disproportionately affecting women, like sexual harassment at work, a Trump Court would be just as perilous. Another

one of the judges Trump mentioned as a possible nominee, Judge Steven Colloton, argued that a woman fired in retaliation for reporting sexual harassment at work shouldn't have been able to take legal action.

The same trend follows in cases of civil rights, where Trump's choices have shown that they're more likely to rule in favor of the powerful and privileged.

Judge Pryor strongly opposed the ruling that said police must inform people of their Miranda rights when arrested. He was also the judge who argued, in a case about an African American employee being denied a promotion, that the man's supervisor calling him "boy" was just "conversational" and had no bearing on promotion decisions.

And multiple judges on Trump's list have upheld disenfranchising voter ID laws, which have an outsized impact on minority and low-income voters.

There are similarly foreboding examples across issues like environmental justice, workers' rights, and big money in politics, among others that impact our day-to-day lives.

We need a Supreme Court that will defend the rights of everyday Americans instead of rolling them back. The justices our next president chooses should understand that the Constitution is for everyone, not just the rich and powerful.

This isn't likely to be the case if the nominations are coming from Trump — a man who has said all his judges would be "picked by the Federalist Society," an organization backed by the billionaire Koch brothers.

November 8 is "Judgment Day" for the future of the Supreme Court. Even if it's not printed on our ballots, that's the day voters will decide the direction of the nation's highest court — for decades to come.

Marge Baker is the executive vice president of People For the American Way.

Mendoza hosts DACA workshop for minors seeking citizenship

HACIENDA HEIGHTS – Senator Tony Mendoza (D-Artesia) with the help of Asian Americans Advancing Justice-LA, South Asian Network, Ferias Legales and The Law Offices of Scott Warmuth will host a free Deferred Action for Childhood Arrivals (DACA) Workshop on Saturday, Sept. 24 from 8 to 11 a.m. in Hacienda Heights.

The workshop is being held inside Los Altos High School, located at 15325 Los Robles Ave. in Hacienda Heights.

"This free workshop will provide area residents who came to the United States as children in need of assistance with help completing their documentation to reside lawfully and work in the United States. I want to thank Asian Americans Advancing Justice-LA, South Asian Network, Ferias Legales and The Law Offices of Scott Warmuth for their help and support in making this event possible," said Mendoza.

Residents attending the workshop are required to bring the following documents:

- Current or latest foreign passport or original birth certificate with translated birth certificate (if not in English)
- If inspected, passport upon entry, visa upon entry, and I-94
- If not inspected, immunization record, elementary school record, rental agreement and receipt, and or school/church award/certificates
- Bank statements, unofficial school transcripts, rental agreement with receipts, medical records, billing statement, transaction records from retail business, and/or church record from 2007-2015
- Proof of current enrollment in high school and or proof of Honorable Discharge from the U.S. Armed Forces
- Livescan result, court records, and FBI background check result

ARRIETA: Breaking the habit of F.E.A.R. -- False Evidence Appearing Real

By Marcela Arrieta

What is different to us, from us, and challenges us will create the illusion of fear. Hence, the inability to break away from F.E.A.R. This is a basic human function brought on by centuries of human conditioning.

In layman terms: People dating back to 6th century BC were conditioned to believe the earth was square, that a ship with all its seamen would fall into an endless abyss once they reached as far as the eye could see. Then came philosophers such as Pythagoras, Plato, Aristotle and many more who challenged this conditioning with facts and science. It was an uncomfortable time in history. Yet it ensured positive growth for all humanity. Change in any form is uncomfortable. But ask yourself this: How can I grow, learn and be a positive impact if that voice is yapping away in a not very productive way? Exactly the point of this entire article. Perfect time to jump into that empowering and effective exercise I promised you at the beginning of this article. Are you ready to pave the way to a powerful and productive YOU?

Find a comfortable place to sit. Gently focus your awareness at the center of your head. Inhale and exhale slowly. Imagine a whiteboard directly in front of you the size of a billboard. It's eraser firmly grasped by your right hand. Recall an event, people or situations that have or are causing you an inability to become successful, reach a goal, or make a dream materialize. Put as many things as that F.E.A.R. voice is providing you with and slap it on that whiteboard. Then, with that big eraser your right hand is holding erase the entire whiteboard. Every single thing is disappearing. You are now back to a clear and clean whiteboard and ready to create. Visualize on the whiteboard the YOU that you are meant to be. Successful, abundant, happy, healthy. Owning a business. In a new job. Or whatever dream or goals you've been keeping in your back pocket. Smile (both ends of your mouth go up : -) , see yourself fully fulfilling it all without F.E.A.R. crutches or excuses. Just YOU, an authentic and powerful being. It is recommended you practice this exercise three times consecutively to get the full effects. Can you do more than three repetitions back to back, of course! You will notice that the more you practice the more F.E.A.R. and its voice will become simply an encouragement and intuitively filled voice.

Have a question regarding this article or maybe you'd like to suggest a topic? Write to me at: m_arrieta@yahoo.com. Next article we will talk about Forgiveness.

Marcela A. Arrieta is an alternative modality practitioner with over five years of experience in this field. She is also an entrepreneur who resides in Downey.

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AGED STORIES: THE TIES THAT BIND

An Inflatable Idea

CERRITOS LIBRARY INVESTS IN TECH FOR TEENS

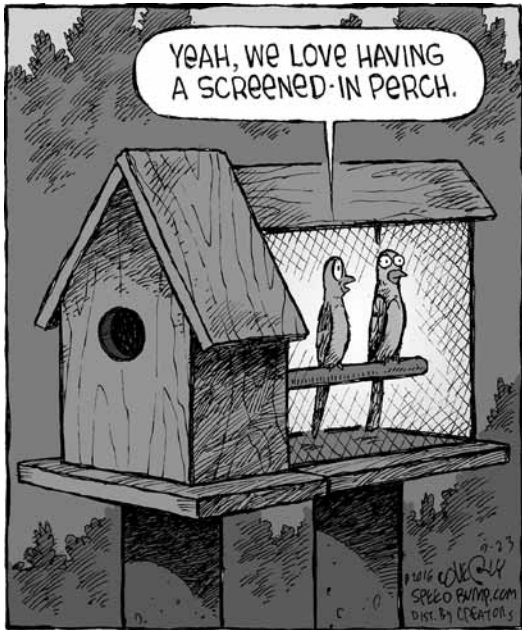
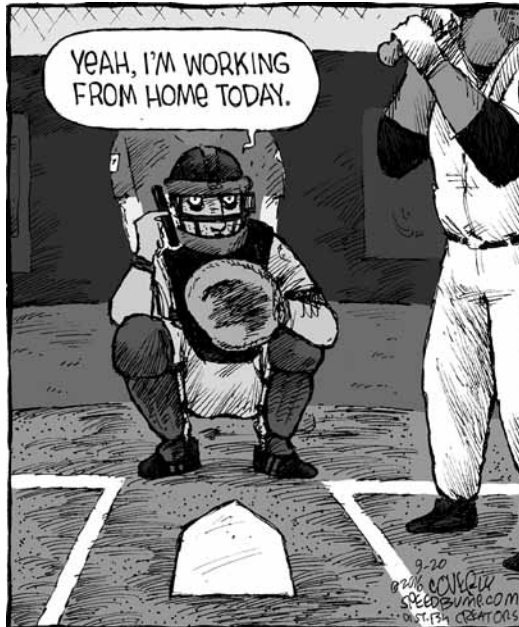
Rachel Tagawa and Nathaniel Yu use an iMac inside the Cerritos Library's new teen technology center. The facility opens Saturday.

Cerritos preps for opening of new 2,500-sq-ft teen tech studio at city library.

Raina Anjad practices on one of Cerritos Library's three new 65-inch touch screen monitors.

SPEED BUMP

DAVE COVERLY



On This Day...

September 23, 1780: John Andre, a British spy, was captured with papers revealing that Benedict Arnold was going to surrender West Point, NY, to the British.

1957: Nine black students withdrew from Little Rock Central High School in Arkansas due to the white mob outside.

1990: Iraq publicly threatened to destroy Middle East oil fields and to attack Israel if any nation tried to force it from Kuwait.

BIRTHDAYS: World music singer Julio Iglesias (73); Rock idol Bruce Springsteen (67); "Seinfeld" star Jason Alexander (57); Movie actress LisaRaye McCoy (49); Rapper Jermaine Dupri (44); Movie actor Anthony Mackie (38); Race car driver Regan Smith (33); Baseball player Matt Kemp (32); Movie actor Skyler Astin (29); and NBA player Brandon Jennings (27).

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CALENDAR OF EVENTS

SATURDAY, SEPTEMBER 30
12:00 p.m. - 6:00 p.m. - STEM event - Cerritos College

MONDAYS

1st, 6:00 p.m. - Public Safety meetings - Council Chambers

TUESDAYS

8:00 a.m. - 1:00 p.m. - Farmers Market - Excelsior High School
1st & 3rd 6:00 p.m. - Toastmasters Meetings - Registrar Recorder/County Clerks Office
2nd & 4th, - Toastmasters Meetings - Norwalk Library
1st & 3rd, 6:00 p.m. - City Council - Council Chambers
3rd, 5:45 p.m. - Housing Authority - Council Chambers

WEDNESDAYS

10:30 a.m. - Woman's Club - Masonic Lodge
12:00 p.m. - Rotary - Doubletree Hotel
1st, 12:30 p.m. - Soroptimist International - Soroptimist Village
1st & 3rd, 7:00 p.m. - Lions Club - Bruce's Restaurant
2nd & 4th, 1:30 p.m. - Alondra Senior Citizens - Social Services Center
2nd & 4th, 7:30 p.m. - Planning Commission - Council Chambers
4th, 11:30 a.m. - Coordinating Council - Arts & Sports Complex

THURSDAYS

1:00 p.m. - Adult color club "Color Us Happy" - Norwalk Library
7:00 p.m. - Boy Scouts Troop 924 - Norwalk United Methodist Church
2nd, 7:30 p.m. - Golden Trowel -Norwalk Masonic Lodge
3rd, 8:00 p.m. - American Legion Post No. 359 - 11986 Front St.

SATURDAYS

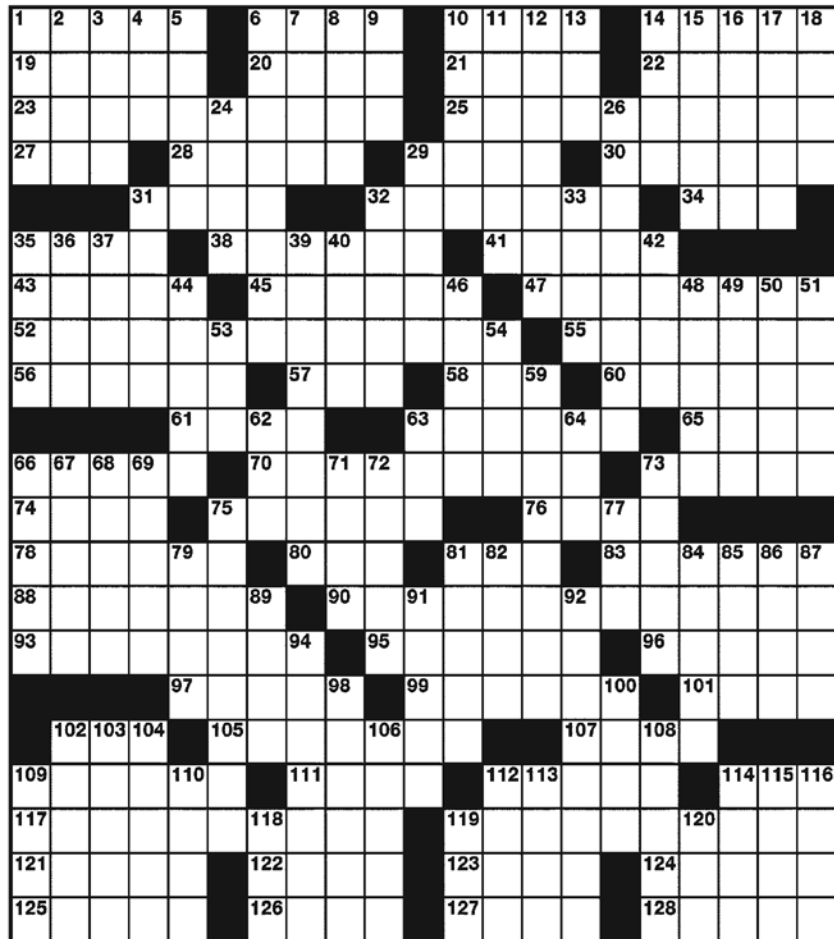
2nd, 8:30 a.m. - 10:30 a.m. - Pancake Breakfast - First Christian Church of Norwalk
Have an event you want listed? E-mail news@thedowneypatriot.com

THE NEWSDAY CROSSWORD

Edited by Stanley Newman (www.StanXwords.com)
HEALTHY START: By the sound of it
by Mark McClain

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Reach Stan Newman at P.O. Box 69, Massapequa Park, NY 11762, or at www.StanXwords.com

ADVERTISING POLICY

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You can contact puzzle editor Stanley Newman at his e-mail address: StanXwords@aol.com. Or write him at P.O. Box 69, Massapequa Park, NY 11762, Please send a self-addressed, stamped envelope if you'd like a reply.



Cerritos College hopes STEM event stirs student interest in science careers

NORWALK – Cerritos College's Science, Engineering and Mathematics Division will host the fifth annual STEM (science, technology, engineering, and mathematics) Open House on Friday, Sept. 30, 12-6 p.m.

With a strong focus on increasing interest in STEM fields, the event will feature chemistry ice cream making, strawberry DNA extraction, water scum analysis, sunspot observation with a 14" telescope, lab demonstrations, and a scavenger hunt with prizes. TA BOM, The Lobos, and Richeeze food trucks will be available for purchase. One ticket for each food truck will be raffled at the opening ceremony from 12 – 1 p.m.

Event is free and open to the public. Parking is free in lots C-5 and C-6. For more details about this event or to bring a school, contact Vangie-Moreno Reichwein at (562) 860-2451, ext. 2623 or via e-mail at reichwein@cerritos.edu.

Classic car show and concert coming to downtown Bellflower next Saturday

BELLFLOWER – The Bellflower Lions Club and the city of Bellflower are hosting the 18th annual Bellflower Boulevard Car Show on Saturday, Oct. 1 from 2-7p.m.

Attendees can expect to see classic cars, spotless engines and custom colors on display. A variety of vendors will also offer giveaways and many will have specialty car items, gifts, raffle prizes, tasty lunch specials and treats for sale. Local businesses will also participate and offer specials the day of the event.

This year, the Lions Club will kick off the show with a flag salute at the main stage, followed by a drawing for a free Chevrolet from George Chevrolet. Hollywood Blonde will provide live music from 3-7p.m. and at 5:30 p.m., Just Tires will give away a set of free tires.

The trophy ceremony will start at 6 p.m., and shortly after, all raffle prizes will be handed out as well. The event is free and open to the public. For more information, visit www.bellflowercarshow.com or call (562) 645-3208.

NCC raising money for veterans scholarships

NORWALK – The Norwalk Coordinating Council is hosting a flapjack fundraiser at Applebee's in Norwalk on Oct. 8, 10 a.m. to raise money for veterans' scholarships.

Last year, the organization gave out 10 scholarships totaling \$5,000.

Tickets to the fundraiser are \$10 for a full breakfast with beverage included. No tickets sold at the door. For more information or to buy tickets, call Gordon at (562) 400-8188.



PACIFIC OCEAN – From right, Lt. Cmdr. Aaron Carlton, Navy chaplain from Lakewood, Calif., leads Pfc. Jeremiah Raymond, from Ft. Lauderdale, Fla., and Cryptologic Technician (Technical) 3rd Class Savanna Eaton, from Modesto, Calif., in a song during a Protestant religious service aboard the amphibious assault ship USS Makin Island. Makin Island, the flagship of the Makin Island Amphibious Ready Group, is conducting integrated training with the 11th Marine Expeditionary Unit off the Southern California coast. (U.S. Navy photo)

Film shines light on healthcare challenges faced by veterans

WHITTIER – A Rio Hondo College graduate's documentary about an unconventional therapy's potential to aid veterans with traumatic brain injuries is a contender for a special award recognizing its powerful portrayal of the health issue.

One of five nominees in the 20th annual PRISM Awards online category, "Hyperbaric Miracles, Episodes 1 and 2" recounts the history of hyperbaric oxygen therapy and barriers to its application to veterans. (Click here to see the film on YouTube.)

The film was written and produced by John Salcedo, an Army veteran who graduated from Rio Hondo College in 2007 with an associate degree in small business management and entrepreneurialism.

"My goal is for hyperbaric oxygen therapy to be made available through the Veterans Administration and be accepted and recognized as a legitimate therapy," said Salcedo, who created the film as an academic project as he studies to become a filmmaker. "I feel like I'm continuing to serve, but in a different way."

The PRISM Awards focus on entertainment that realistically portrays mental health issues, substance abuse and treatments. The 2016 winners will be announced during a gala on Sept. 30.

Salcedo, a former chemical weapons specialist and civilian contractor to the U.S. military, stumbled across the barriers to using hyperbaric therapies after leaving Rio Hondo College.

Hyperbaric oxygen therapy works by flooding damaged cells with pure oxygen inside a pressurized chamber, which speeds healing. It is used to treat carbon monoxide poisoning, gangrene, thermal burns and decompression sickness, among other ailments.

It is currently not a recognized practice by the federal government or insurance companies for injuries that are symptoms of post-traumatic stress disorder. Salcedo's program advocates for changing the treatment's status.

"John Salcedo's experience reminds us that if we pursue our passions, we can discover not only a fulfilling career but also make a difference in the world around us," Board of Trustees President Mary Ann Pacheco said.

Most recently, Salcedo combined his Rio Hondo degree with his ongoing film education to create a company called LA City Films, which specializes in online programming for corporations.

Rancho Los Cerritos reopens family drop-in craft program

LONG BEACH – One of Rancho Los Cerritos' signature family programs, Creation Station, will begin its 2016-2017 season on Saturday, Oct. 1, with an afternoon of Halloween-themed arts and crafts.

Children can choose from an array of art materials and nature supplies to make finger puppets, pumpkin crafts, and harvest-time decorations. This free drop-in program is aimed at elementary-aged children. Creation Station continues on the first Saturday of every month through June. Families can drop by between 1-4 p.m., rain or shine.

The full schedule is below:

- | | |
|---|--|
| Oct. 1 – Outrageous Orange (Halloween-themed) | Nov. 4 – Brilliant Brown (Thanksgiving-themed) |
| Dec. 3 – Gorgeous Green (Christmas-themed) | Jan. 7 – Winter Wonders |
| Feb. 4 – Hearts Crazy | Mar. 4 – Lovely Lavender |
| Apr. 1 – Cool Blues | May 6 – Sunny Yellow |
| June 3 – Rainbow Surprise | |

Rancho Los Cerritos is a national, state and Long Beach historic landmark and research library surrounded by gardens. It is operated by the Rancho Los Cerritos Foundation in a public/private partnership with the city of Long Beach. For more information about its events, call (562) 206-2040.

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FREE EVENT

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